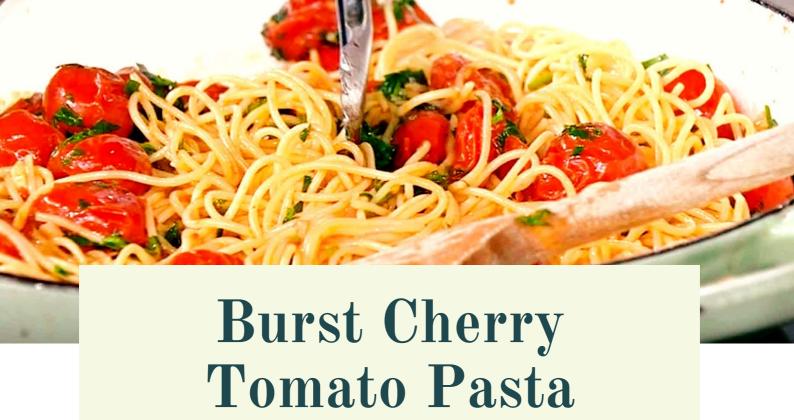


INGREDIENTS

- 350g pasta
- Sea salt
- 1/4 cup olive oil
- 750g cherry tomatoes
- 3-4 garlic cloves, chopped
- 1 small bunch fresh parsley, chopped
- Freshly ground black pepper
- Freshly grated parmesan (to serve)





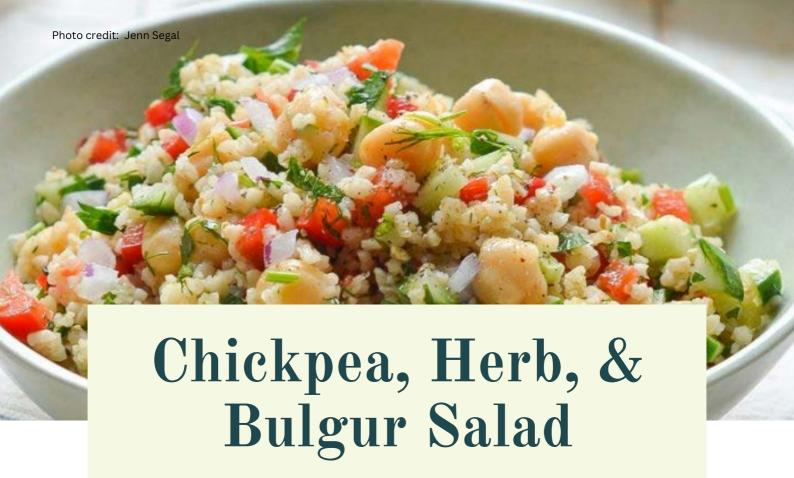


METHOD

- 1. Heat oil in a large skillet over medium-high heat. Add the tomatoes with a generous pinch of salt and pepper. Cook, stirring occasionally, until tomatoes burst and release their juices to form a sauce, about 6–8 minutes. After a few minutes add in the garlic and stir again.
- 2. Meanwhile, cook the pasta in a large pot of boiling, well-salted water.
- 3. Just before the pasta reaches al dente, drain and add to the tomato sauce.
- 4. Add in the parsley and toss well, until pasta has finished cooking and absorbed some of the sauce.
- 5. To serve garnish with freshly grated parmesan and some extra parsley.







INGREDIENTS

- 300g coarse burghul, rinsed
- 400g can chickpeas, drained
 & rinsed
- 1 red chilli, halved, deseeded and finely chopped
- 6 shallots, finely sliced (use the entire shallot, not just the white part)
- two large handfuls any combination mint, parsley, dill, basil, coarsely chopped

Dressing

- 1 red capsicum, roasted (or use a premade version)
- 125 ml ($\frac{1}{2}$ cup) olive oil
- 60 ml (¼ cup) lemon juice
- 1 tbsp pomegranate molasses
- 1 garlic clove, crushed
- 1 tsp cumin
- 1/2 tsp salt
- 1/2 tsp pepper







METHOD

- 1. Preheat oven to 220C/200C fan-forced. Line a baking tray with baking paper. Place capsicum on prepared tray. Drizzle with 2 teaspoons oil. Roast for 15 to 20 minutes, turning halfway, until charred and tender.
- 2. Meanwhile, cook burghul in a large saucepan of boiling salted water until tender (6-8 minutes). Drain, rinse and set aside to cool.
- 3. Once the capsicum is well charred, remove from the oven, place in a bowl and cover with plastic wrap. Set aside to cool for 20 minutes. Then remove and discard skin and seeds from capsicum.
- 4. Place in a blender or small food processor. Add remaining ingredients and blend until smooth. Season to taste.
- 5. Transfer burghul to a serving dish. Toss with the chickpeas, shallots, chilli and herbs. Drizzle with dressing and serve.



